

TEACHERS COLLEGES OF JAMAICA

BACHELORS OF EDUCATION

MAY 2017- EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

TRACKAND FIELD 1- THOWS

YEAR 2
SECONDARY

TIME: 2 ½ hours

Instruction: Candidates are required to answer any TWO questions in section A and ALL the questions in Section B and C.

Section A

Answer ANY TWO questions from this Section.

- 1) The javelin has various technical parts, explain the following: one of the grips, the approach, withdrawal, cross-over steps and power position (20marks)
- 2) Describe the following parts of the discus: the grip, swing, the turn, power position, release and recovery. (20 marks)
- 3) The shot put event has various technical parts, explain the following parts of the shot put event: the grip, movements of the Turn/Glide (**please indicate which technique in your response**), power position, the release and the recovery (20 marks)
- 4) Describe the following in the hammer throw: the grip, the turn, “Sitting on a chair”, “Looking through the window” and the release (20 marks)

Section B 20 marks.

Short Answers --answer all questions in this section

- 4) State the importance of five safety measures employed in the throws. (5 marks)
- 5) Name briefly five competition rules in the javelin. (5 marks)
- 6) Name four teaching progressions that are common to the throws. (5 marks)
- 7) Explain four teaching progressions for the hammer. (5 marks)
- 8) Explain the release of the javelin. (5 marks)
- 9) Name four competition rules for the hammer. (5 marks)

Section C

Answer ALL questions by circling the letter beside the most appropriate answer.

- 1) A cage is necessary in the competition in the throwing of:
 - a) Discus and Hammer
 - b) Javelin and discus
 - c) Shot put and discus
 - d) Javelin and hammer
- 2) In completing the throw in the javelin, the first contact with ground is made on the _____ of the blocking leg?
 - a) Toe
 - b) Heel
 - c) Toe and heel
 - d) Side of foot then heel.
- 3) A legal throw is done when:
 - a) The javelin makes an impression in the ground
 - b) The javelin digs out a hole in the ground
 - c) The javelin lands on the tail then the point
 - d) The javelin drops flat and then make a mark
- 4) The weights of the senior men and women javelin are:
 - a) 800g and 600g
 - b) 600g and 700g

- c) 700g and 800g
 - d) 900g and 600g
- 5) U 18 boys and U18 girls use the following shot put weights:
- a) 6kg and 5kg
 - b) 3kg and 4kg
 - c) 5kg and 3kg
 - d) 4kg and 6kg
- 6) The number of cross over steps highly recommended for the javelin are:
- a) 3 cross steps
 - b) 5 cross over steps
 - c) 7 cross over steps
 - d) 4 crossover steps.
- 7) A foul is not committed in the throws when:
- a) The implement touches the line
 - b) The implement falls out of the sector
 - c) The implement falls completely inside the sector
 - d) The implement touch the ground faintly.
- 8) The two most streamlined implements in the throws are:
- a) Shot and hammer
 - b) Hammer and discus
 - c) Javelin and shot
 - d) Discus and javelin
- 9) The time allowed for realizing a throw in all throwing competitions is:
- a) 90 seconds
 - b) 75 seconds
 - c) 60 seconds
 - d) 70 seconds
- 10) During training and demonstrations the left handed thrower/s should be placed _____ of the line.
- a) in the middle
 - b) on the right
 - c) on the left
 - d) in front of the throwers

- 11) During the World Championships in athletics, the throwers are allowed the following number of throws in the elimination.
- 3 throws
 - 6 throws
 - 4 throws
 - 5 throws.
- 12) The teaching progression for all the throws should start with:
- Grip, stance and release
 - Stance, release and grip
 - General notion, safety and grip
 - Safety, general notion and grip.
- 13) At the end of the Intercollegiate Athletic Championships, two competitors had the same best throw in the finals. How is the tie broken?
- Allow the competitors two or more throws
 - Spin a coin to decide a winner
 - Use the next best distance
 - Have three more throws for both throwers.
- 14) The male and female discus weighs the following respectively:
- 2kg and 1.6 kg
 - 2kg and 1 kg
 - 1kg and 3 kg
 - 2 kg and 1.65kg
- 15) The inside diameter of a discus and shot put circles are;
- 2.50m and 2.33m
 - 2.20m and 1.135m
 - 3.00m and 2.50m
 - 2.50m and 2.135m
- 16) What are the two techniques used in the shot put event?
- Swings and glide
 - Rotational and glide
 - Glider and turns
 - Glide Spin and Turns
- 17) In the full turn of the shot put and discus the objective of the landing/double support is to encourage the thrower to land properly in the:
- Power position
 - Initial position
 - Reverse position
 - Frontal position

- 18) During the swing in the hammer, the hammer head is at its lowest point, (right-handed thrower):
- In the front of the thrower
 - On the left side of the thrower
 - On the right side of the thrower
 - Behind the head of the thrower
- 19) The dimensions for the hammer circle are the same as:
- The shot-put
 - The discus
 - The discus and shot-put circle
 - Is different from the shot-put or discus circle
- 20) Which two throwing techniques are considered lineal?
- Discus and hammer
 - Shot Put and javelin
 - Javelin and Discus
 - Shot Put and hammer
- 21) A legal throw in the shot put event is measured from:
- The point where it makes its last contact to the stop board.
 - The point where it makes its first contact to the back of the circle.
 - The point where it makes its first contact in addition to where it stops to the stop board.
 - The point where it makes its first contact to the stop board.
- 22) During which phase of all the throws additional velocity is transferred to the implement?
- Preparation
 - Delivery
 - Recovery
 - Momentum Building
- 23) Throwing events have two double support phases, during which phases are the moments manifested?
- Momentum Building and Preparation
 - Recovery and Delivery
 - Preparation and Momentum Building
 - Delivery and Preparation
- 24) When a red flag is shown for after a throw has been executed, the athlete would have either committed a:
- Step foul or a ring foul
 - Sector foul or a ring foul
 - Entry foul or a sector foul
 - Release foul or step foul

- 25) During the Intercollegiate Athletic Championships, our leading Javelin thrower made his final attempt and during flight the javelin was broken. What would be the correct decision of the officials?
- Complete their task by measuring the actual distance.
 - Put the javelin back together and let him throw.
 - Reward him a second throw/attempt.
 - Consider the throw a foul and move on.
- 26) Based on the aerodynamic qualities of the various throwing implements, which two are most affected by the various environmental factors?
- Hammer and Javelin
 - Hammer and Shot
 - Discus and Javelin
 - Shot and Javelin
- 27) Which three are the most appropriate biomechanical aspects that determine the result of a throw?
- Angle, height, speed
 - Speed, strength, power
 - Velocity, height, speed
 - Height, speed, strength
- 28) In coaching or teaching the throws safety should be taught and reinforced:
- Only at the beginning of the class or session.
 - After the class or session is finished.
 - Before and during the class or session.
 - Only if there is an accident in the class or session.
- 29) Throws are taught using:
- Implements
 - Olympic athletes
 - Heavy implements to slow the athlete down first as they learn.
 - The correct teaching progressions appropriate for the type of throw.
- 30) Which two throwing implements gains superior rotations during flight?
- Javelin and Discus
 - Shot and Discus
 - Hammer and Shot
 - Shot and Javelin

END OF EXAMINATION